

## STRATEGIC PLAN FOR THE AGING - POTENTIAL ELEMENTS/ TOPICS

### I. Executive Summary

### II. Overlying Issues and Underlying Realities

- A. Redefining Aging
- B. Cross Cutting Planning Criteria – Ensuring Disparities are Addressed
  - Economic and Educational Differences – Security vs. Poverty
  - Support - Social & Family Networks vs. Living Alone
  - Health Status - Robust Health vs. Health Issues
  - Urban, Suburban and Rural Conditions
  - Culture, Ethnicity and Language
  - Gender
- C. Workforce Capacity and Expertise
- D. The Question of Quality
- E. Tracking & Evaluation: Longitudinal Database
- F. Policy Imperatives (*As cited by CPRC*)
  - *Provide Adequate Infrastructure*
  - *Reduce Economic Disparities*
  - *Promote Opportunities for Older People*
  - *Promote Planning and Coordination*
  - *Improve Information*
  - *Educate and Involve the Public*
- G. Who's Responsible?

### III. Economic Security and Quality of Life

- A. Income & Income Protection
  - Rethinking Retirement
    - ✓ Staying at Work
    - ✓ Second careers
    - ✓ Restructuring Pension Plans
  - Increasing vs. Fixed income
  - Home & Personal Money management
  - Financial Planning
  - Insurance
- B. Jobs
  - Job Opportunities
  - Age Discrimination & the Work Environment
  - Training/Retraining
  - Flexibility Options
    - ✓ Schedules/Job Sharing
- C. Education
  - Back to School/College
  - Adult Ed/Lifelong Learning
- D. Volunteering and Mentoring
  - Unmet Community Needs
  - Enrichment
  - Training
- E. Elder Abuse – Prevention and Detection
- F. Apply Cross Cutting Planning Criteria
- G. Responsibility and Integration Potential
- H. Funding – Current and Potential
- I. Conclusions and Recommendations

#### **IV. Food, Fitness and Wellness**

- A. Nutrition
  - Diet & nutrition
  - Food programs
- B. Physical Fitness & Health Maintenance
  - Weight, Exercise and Physical Education
  - Resources
  - Prevention
- C. Mental Fitness
  - Cognitive Exercises and Stimulation
  - Counseling Services
  - Prevention
- D. Public Health
- E. Apply Cross Cutting Planning Criteria
- F. Responsibility and Integration Potential
- G. Funding – Current and Potential
- H. Conclusions and Recommendations

#### **V. Housing, Transportation and Recreation**

- A. Independent Living
  - Home Ownership Options
    - ✓ Mortgage & Equity Opportunities
    - ✓ Affordable Housing Inventory
    - ✓ Location
  - Rental and Shared Living
  - Retirement Communities
- B. Housing and Land Use Planning
  - Multi Use Developments/Redevelopments
- C. Proximity to Shopping and Services
- D. Transportation
  - Public Transportation/ Paratransit
    - ✓ Cost
    - ✓ Access
  - Pedestrian Travel
  - Safety
    - ✓ Licensing and Testing
    - ✓ Road Modifications & Signage
    - ✓ Resources
- E. Recreation - Parks, Games & Socialization
  - Parks
    - ✓ Users
    - ✓ Jobs – Seasonal or Full Time Staff
    - ✓ Volunteers, Docents
    - ✓ Park Advocates
  - Recreation
    - ✓ Local Recreation Opportunities
    - ✓ Field Trips
  - Clubs/Social Events
  - Travel
- F. Apply Cross Cutting Planning Criteria
- G. Responsibility and Integration Potential
- H. Funding – Current and Potential
- I. Conclusions and Recommendations

## **VI. Care Delivery Systems**

- A. Health Care
  - Diseases and Disabilities
  - Tobacco and Alcohol
  - Acute Healthcare Needs
    - ✓ Provider Capacity
  - Chronic Health Conditions
  - Functioning and Mobility
  - Detection and treatment
  - Prescription Drugs
- B. Mental Health
  - Detection and Assessment
  - Treatment
    - ✓ Psychotherapy
    - ✓ Drug Therapy
- C. Family Caregiving
- D. Residential Care
- E. Long Term Care
- F. Apply Cross Cutting Planning Criteria
- G. Responsibility and Integration Potential
- H. Funding – Current and Potential
- I. Conclusions and Recommendations

## **VII. Infrastructure**

- A. Data Systems
  - Shared Systems
  - Common Data Standard
  - Information Clearinghouse
  - Longitudinal Data Base Development and Management
- B. Education for the Aging
  - Post-Secondary Education
- C. Mass Media and Communication (Public Education Campaign)
  - Media Impact – Media Potential
  - Using the Internet
- D. Current Ability to Provide Service
  - Health, Mental Health, Social Services facilities
  - Public Safety
  - Housing
  - Transportation
- E. Institutional vs. Community-Based Services
- F. Workforce Issues
  - Capacity, Wages
  - Geriatrics Specialists
  - Professionals and Paraprofessionals
  - Quality Assurance, Training
- G. Apply Cross Cutting Planning Criteria
- H. Responsibility and Integration Potential
- I. Funding – Current and Potential
- J. Conclusions and Recommendations

## **VIII. Management/Oversight, Funding/Financing Plan Elements**

- A. Ensuring Program Integration (e.g. housing and transportation)
- B. Reconsidering Age and Program Eligibility
- C. Resource Allocation Issues

- Medicare, Medi-Cal
  - ✓ Competition for Shrinking Funds
  - ✓ Waiver Programs
  - ✓ Desirable Policy Changes
- Other Government Funded Programs - Federal, state, counties, cities
- Post Secondary Educational Programs
- Faith-Based Programs
- Non-Profit Programs
- Cost Sharing/ Program Integration
- D. New Funding Options
  - Private Sector
  - Foundation Grants
  - Public Financing (general fund, new taxes, voluntary assessments, senior lottery)
- E. Tracking Results - Longitudinal Data Base
  - Monitoring the Aging Population
  - Evaluating Outcomes
- F. Research and Innovation
- G. Implications of an Unsure Economy
- H. Apply Cross Cutting Planning Criteria
- I. Responsibility and Integration Potential
- J. Conclusions and Recommendations

## **IX. Recommendations Summary**

- A. Priorities
- B. Responsibility and Integration Imperatives
  - Public/Public, Public/Private, Private/Private
  - Barriers to be Overcome
  - Revisiting Cross Cutting Criteria - Overlying Inequalities/Underlying Disparities
  - Economic and Educational Differences – Security vs. Poverty
  - Support - Social & Family Networks vs. Living Alone
  - Health Differences
  - Urban, Suburban and Rural Conditions
  - Culture, Ethnicity and Language
- C. The next eight years
  - Timeline – Implementation Dependencies
- D. Update Frequency